



CHAPTER TWO

Move

Not everyone needs to “exercise.” *Everyone, and I mean everyone, needs to move.* What is the difference?

Movement is innate to the human experience and critical to our wellness. While exercising is movement, keep in mind that it is a relatively new concept. For most of our existence on this planet, humans have had to move just to survive. Now that our survival is not necessarily dependent on constant movement throughout the day, we have to “exercise.”

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The fact that we need to exercise to stay healthy is proof of how crucial movement is. If we still had to hunt for our food, harvest all our vegetables, tend to our children all day, and even build our own dwellings, none of us would have to get on a treadmill. Heck, if I went back in time to tell my great-grandparents in Syria that I make my living showing people how to squat, push and pull, and how to eat better so they don't get overweight, they would think I was making it up! How is it possible that in just a little over a century, we went from having a goal of finally getting to sit down at the end of a day to the goal of finally getting a “workout” in?

Nowadays, most of us really do have to get exercise because our activities of daily living are not so active. Between working from home, grocery and meal delivery, Amazon,

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and on-demand streaming television, we don't even have to leave our homes at all. We can literally make money, spend money, eat like a king, and have all the entertainment we ever wanted, all from the comfort of our couches. And with new virtual reality, we can even travel the world. While all of that is really remarkable and gives us so much flexibility with how we spend our time, it is not so kind to our posture and waistlines!

Why We Need to Move (Or as Some Might Call It: "Exercise")

To put it simply, we need to exercise if we don't move enough. That's it. If you are the kind of person who gets up early and takes their dog for a walk, tends to a lovely

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garden during the day, meets up with friends for a hike later, and spends an hour carefully preparing a nice dinner, you probably don't need to worry about additional exercise. I think I just described my mom to a tee! But for the rest of us mortals, we probably need to fill in some gaps in our movement through the day. If the basic daily movement you engage in is not enough to maintain muscle tone,

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keep a strong core and posture, and keep excess weight off, then it is not enough by itself. It's that simple.

Now we go back to your goals and your “why” from the “Nourish” chapter to help guide you through this next chapter regarding movement. Before you read through the rest of this, please flip back to the last page in the “Nourish” chapter and copy below your goals and *why's*. Then, take a moment to think about all the activities you do during the week. Your list doesn't have to be perfect, but to the best of your ability, write down all the activities you do and how (if at all) you think that movement supports attaining your goal(s).

Goal	Why

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Day of the Week	Movement Activity	How It Supports Your Goal
Monday	<i>Ex: Afternoon hike with friends</i>	<i>Ex: Gets my heart pumping and is a long caloric burn that is still fun and gets me out of the house.</i>
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

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If it wasn't easy for you to put down some sort of activity you're currently doing every day of the week, then we have work to do. Again, you do not need to exercise every day, but you really need to move! Think about how much better you feel when you take a little walk around the block to clear your head. How good does it feel to stand up from your desk and stretch out your back? Isn't it great how energized you feel after playing with kids in the park? Or joining friends for a game of tennis or golf? How can we incorporate things like this into our daily life? And on the days where movement doesn't naturally fit in, let's incorporate an exercise plan to keep you moving.

Don't Do It If You Don't Like It

I spend a lot of time with clients talking about what type of exercise is best for them. Should they try to start running again, even though they really don't enjoy it? Should they drag themselves to the community pool for laps in the morning, even though getting up that early is painful? Maybe they should hire a trainer they can't afford. Uh, no. This does not have to be hard, and it surely does not have to be painful! Exercise (a.k.a. movement) should not be something you dread. Even if you think you are the kind of person who "hates" exercise, you at least have to move to exist as a human on this earth. There is undoubtedly *something* out there that we can find for you to do that you enjoy and that will get you moving.